

# Trail Mix Bars

**Makes:** 28 Bars

## Ingredients

- 3 cups** crispy rice cereal
- 3 cups** toasted oat cereal
- 1 1/2 cups** raisins
- 1/2 cup** sunflower seeds
- 1 cup** honey
- 3/4 cup** sugar
- 1 jar** chunky peanut butter (16 ounces)
- 1 teaspoon** vanilla

## Directions

1. Combine dry ingredients in bowl.
2. Combine honey and sugar in pan and bring to a boil.
3. Add peanut butter and vanilla, stir until peanut butter melts.
4. Pour mixture over cereal and mix well.
5. Press into a 13x9" pan and cool.


**Source:** University of Wisconsin Extension. Adams County.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>225</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>133 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	2 g
Total Sugars	22 g
Added Sugars included	15 g
<b>Protein</b>	<b>6 g</b>
Vitamin D	0 IU
Calcium	24 mg
Iron	2 mg
Potassium	211 mg

N/A - data is not available

### MyPlate Food Groups

 Protein Foods	1 1/2 ounces
---	--------------